

# *Ergonomic Principles*

## *1 Who Should Attend . . .*

This program is a must for anyone concerned about health and safety on the job including:

- ▶ Managers concerned about liability and workers' compensation costs.
- ▶ Employees who want to learn proper techniques for protecting their safety and health at work.
- ▶ Business owners who want to learn about compliance with Michigan Occupational Safety and Health Administration (MIOSHA).

## *2 MIOSHA Training Institute*

Macomb Community College and the State of Michigan have formed an alliance to jointly reach out, educate and assist the state's employers and employee's to improve and advance workplace safety and health. The MIOSHA Training Institute is establishing a specific core curriculum, along with individual courses on a variety of safety and health topics. MIOSHA personnel, Macomb's Workforce Development Institute at M-TEC and the Public Service Institute at Macomb's Emergency Services Training Center will administer the MIOSHA Training.

## *3 What You'll Learn . . .*

This program gives direction to employers who want to establish an ergonomic program in the manufacturing environment. Using the NIOSH Ergonomic Primer as a guide, participants will be able to look for signs of cumulative trauma, develop in-house expertise, gather evidence of ergonomic problems, identify controls and implement a proactive ergonomic program. Examples of successful ergonomic innovations in the manufacturing sector are presented. Problem jobs are also discussed and corrective recommendations are reviewed. Focus is on the implementation of engineering controls, including material handling, hand tools and workstations. Using job safety analysis as an ergonomic tool to identify the tasks and subtasks of a job is emphasized. Ergonomic awards offered by the MIOSHA program will be explained.

### **Agenda**

*We offer a flexible program agenda to emphasize the health and safety topics you want most.*

- ▶ Looking for Signs of Ergonomic Problems
- ▶ Developing Ergonomic Solutions
- ▶ Implementing an Ergonomic Management System
- ▶ Review of NIOSH Primer
- ▶ Ergonomic Job Safety Analysis
- ▶ MIOSHA Ergonomic Awards
- ▶ Ergonomic Principles

All meetings are accessible and barrier free. Please contact the cosponsor or CET Division, at least two weeks in advance, to request necessary accommodations.

# Facilitator

Richard Zdeb was appointed to the Consultation Education and Training Division of MIOSHA in 1988 and is currently servicing the employers and employees of Oakland County. His previous work experience includes 25 years in private industry in the manufacturing and stamping industry. Richard's positions in plant management included Industrial Relations and General Management, providing him a unique perspective on the issues facing the manufacturing industry. Richard is a knowledgeable speaker in diverse subjects such as machine guarding and building safety and health management systems. He has contributed articles to the MIOSHA News on a variety of topics including Industrial Ergonomics. Richard earned a BBA, majoring in Accounting, at the University of Detroit. He has been a member of the American Society of Safety Engineers since 1988.



**Richard Zdeb**  
*Occupational Safety Consultant,  
MIOSHA, CET Division*

## Program Details

DATE:	March 13, 2007	TIME:	Check-in - 8:30 a.m. Program - 9:00 a.m. to 4:00 p.m.
LOCATION:	M-TEC Macomb Community College 7900 Tank Avenue (Van Dyke and 11½ Mile) Warren, Michigan 48092	DEADLINE:	Register by March 9, 2007 Please register early!
COST:	\$80 per person. Includes continental breakfast, lunch and course materials. CEU's Available	CONTACT:	Staff - 586.498.4100 or spagnuolol@macomb.edu

**COSPONSOR: M-TEC Macomb Community College**

If this valuable seminar doesn't fit with your schedule or position, please pass this flyer on to a colleague.

## How to Register

Ergonomic Principles

Complete information at right to register by . . .

► **Phone:** 586.498.4100  
► **Fax:** 586.498.4101  
► **Email:** spagnuolol@macomb.edu  
► **Mail:** M-TEC Macomb  
Community College  
7900 Tank Avenue  
Warren, MI 48092  
Attn: Staff

Name: \_\_\_\_\_  
Company Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Fax: \_\_\_\_\_  
Email: \_\_\_\_\_  
Number Attending: \_\_\_\_\_ @ \$80 = \$ \_\_\_\_\_  
Names of Additional Attendees: \_\_\_\_\_  
Credit Card # \_\_\_\_\_ Exp Date: \_\_\_\_\_  
VISA ☐ MC ☐ Disc ☐ Signature: \_\_\_\_\_

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